

## Claims

What is claimed is:

1. Non-Seperating Ski/Blade/Board Safety Binding for Limiting Torque on the Lower Leg and Having Multi-positional Capabilities comprising:

a 360 degree cam surface allowing full rotation of the ski, board or blade relative to the boot;

at least one cam follower with an adjustable spring and tensioner to regulate torque required for movement to facilitate stable skiing, ski blading or snowboard riding and to avoid injury;

the cam is shaped to provide stable positions where desired for normal skiing, ski blading or snowboard riding;

the cam is shaped so that after rotation, as desired to filter unwanted loads from the leg, for example, it can return to boot to a stable position for normal maneuvers;

the cam is shaped to provide torque-rotation properties to provide for control of the ski, board or blade; and

the cam is shaped to allow rotation below the selected limits to avoid transmitting unwanted loads to the leg.